

Name _____

Understanding the Effects of Sleep Deprivation on Cognitive Function

Multiple Choice Questions

1. What is sleep deprivation?
 - a) Getting too much sleep
 - b) Not getting enough sleep
 - c) Sleeping during the day
 - d) Sleeping with a lot of blankets

2. What happens to our brains when we sleep?
 - a) They stop working
 - b) They recharge and organize information
 - c) They become more active
 - d) They get smaller

3. How can sleep deprivation affect your mood?
 - a) It can make you happier
 - b) It can make you more focused
 - c) It can make you grumpy or sad
 - d) It doesn't affect your mood

4. What can happen to your reaction time if you're sleep-deprived?
 - a) It gets faster
 - b) It stays the same
 - c) It slows down
 - d) It doesn't change

5. What should you avoid before bedtime to help you sleep better?
 - a) Eating a heavy meal and drinking caffeine
 - b) Going for a run and playing outside
 - c) Watching TV and reading a book
 - d) Taking a warm bath and listening to calming music

